



PT Enhancement for 21 November 2009

(conducted by SFC Anders)

- Intro: class on “**How to Eat Healthy When Eating in Fast Food Restaurants**”
- Formation: Explanation of PT Session, Risk Assessment (low)
- Warm up: 30 second marching then 1 minute running in place. Rotations for the full body. Stretching arms, chest, groin and legs.
- Conditioning Activity: **Kenpo-Cardio:**
 - Jabs (15 times with each arm)
 - Jab/Cross (15 times with each arm)
 - Hook/Upper Cut (15 times with each arm)
 - Jab/Cross/Hook/Upper Cut (15 times with each arm)
 - Jab/Cross Switch Feet (15 times)
 - Knee Kicks (15 times with each leg)
 - Ball Kicks (15 times with each leg)
 - Side Kicks (15 times with each leg)
 - Back Kicks (15 times with each leg)
 - Back Knuckles/Knee Kick/Back Kick (15 times with each leg)
 - Elbow Series (20 times)
 - Vertical Punches (100 times)
 - Hi Cardio Finish (side straddle hops and star jumps for 10)

* Cool Down: 1 minute of marching in place then stretches for arms, chest, groin, back and legs.

[Alternate for those that cannot do this type of workout (even with adjusted exercises) is to workout in the weight room or to go for a run/walk. Alternate PT soldiers are to return in time for cool down stretches and dismissal]

-----Created as part of the 235th KSRTI PT Enhancement Program